**Health Ed Unit 1 Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Study Guide Date\_\_\_\_\_\_\_\_\_\_Block\_\_\_\_\_\_\_\_\_\_**

1. How is your teen brain changing?
2. Why is it important to get enough sleep?
3. Why are teenagers more prone to mood swings?
4. Why is this class more important than ever?
5. What are values?
6. Why are values necessary?
7. Where do we learn or establish our value system?
8. What happens when you don’t have a strong value system?
9. What is the connection between strong values and high self-esteem
10. Do people with strong values have positive self-esteem?
11. Why would it be easy for people with low values be victims of drug abuse, teenage parenting, or “promiscuous behavior” (sex with anyone)?
12. How are values and self-esteem tied together?
13. Self Esteem is the way we \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_of ourselves.
14. Self Esteem is made up of all the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_you have had in your life, both past and present.
15. Everyone you have ever met has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_from how you see yourself.
16. Identify some characteristics of people with high self esteem.
17. Identify some characteristics of people with low self esteem.
18. What is negative self talk? Give an example
19. What is positive self talk? Give an example
20. What kind of attitude will you find in people with low self esteem? How about high self esteem? (I think I \_\_\_\_\_\_\_\_\_\_\_\_\_\_ I think I \_\_\_\_\_\_\_\_\_\_\_).
21. How does self esteem have a direct impact in your mental health?
22. Review the use of “I” statements. (Be sure to be able to turn a YOU statement to an “I” statement that reflects your feelings.) Ex. You are really dumb! I think you said I am dumb and I disagree because….. I feel really hurt when you call me dumb because……..
23. What is the definition of depression?
24. List the 4 types of depression and explain each.
25. When should you seek counseling for depression?
26. How can depression be treated?
27. What is the best treatment for depression?
28. Grief is defined as\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
29. List 3 ways in which to cope with the loss of a loved one.
30. What is a survivor?
31. How many survivors per every suicide?
32. What three states have the highest suicide rate?
33. Why do people commit or even consider suicide?
34. Eustress is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and distress is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
35. \_\_\_\_\_\_\_\_\_\_\_\_\_\_causes damage to your body and mental well being.
36. After watching the last lecture what things do you think you appreciate more and how do you view life differently, if at all? (This will be prior to the test)